

91N.0384H

2072

BAG 3

4



United States Department of Agriculture

MyPyramid.gov

Home

About Us

News & Media

Site Help

Contact Us

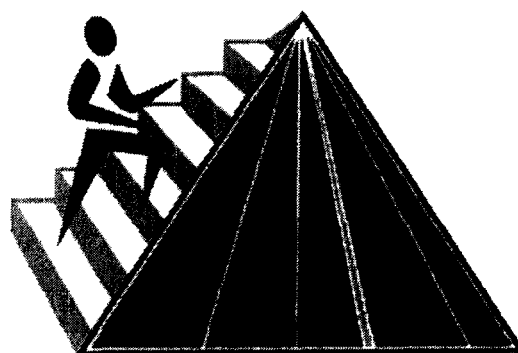
Search MyPyramid.gov

Go

Subjects

- ▶ MyPyramid Plan
- ▶ Inside the Pyramid
- ▶ Tips & Resources
- ▶ Dietary Guidelines
- ▶ MyPyramid Tracker
- ▶ MyPyramid Mini-Poster

Steps to a Healthier You



One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

Spotlights

**Tour MyPyramid**

Take a tour of the new pyramid in this animated feature.

**Mini-Poster Download**

View and download the MyPyramid mini-poster to learn the basics about eating healthy and physical activity.

[PDF - You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF file.]

**Inside The Pyramid**

Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.

Tips & Resources

Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet. There are tips for

My Pyramid Plan

Age:

Sex:

[Select]

Physical Activity:

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select]

SUBMIT

My Pyramid Tracker

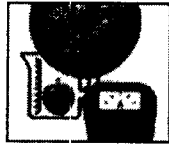
Go here for an in-depth assessment of your diet quality and physical activity status.

Tip of the Week

Set a good example for children by eating fruits, vegetables and whole grains with meals or as snacks.

For Professionals

Resources and information for use in developing education materials and to assist in understanding Federal food guidance.



each food group, physical activity, eating out, a sample menu, and more...

[USDA.gov](#) | [FOIA](#) | [Accessibility Statement](#) | [Privacy Policy](#) | [Non-Discrimination Statement](#) | [Information Quality](#) | [FirstGov](#) | [White House](#)

USDA

United States Department of Agriculture

MyPyramid.gov

[Home](#)[About Us](#)[News & Media](#)[Site Help](#)[Contact Us](#)

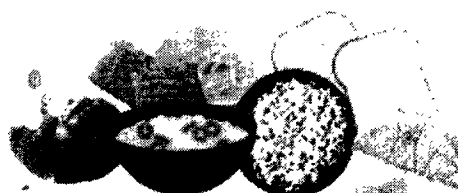
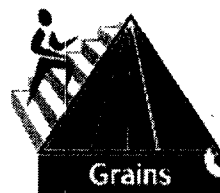
Search MyPyramid.gov

You are here: [Home](#) / [Inside the Pyramid](#) / [Grains](#) / [Tips to help you eat whole grains](#)

Inside the Pyramid

Subjects

- ▶ [My Pyramid Plan](#)
- ▶ [Inside the Pyramid](#)
- ▶ [Tips & Recommendations](#)
- ▶ [Dietary Guidelines](#)
- ▶ [For Professionals](#)
- ▶ [Related Links](#)
- ▶ [My Pyramid Tracker](#)



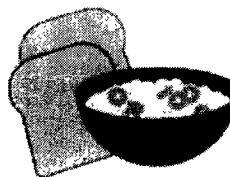
Grains

- ◊ [What's in the Grain Group?](#)
- ◊ [How much is needed?](#)
- ◊ [What counts as an ounce?](#)
- ◊ [Health benefits & nutrients](#)
- [Tips to help you eat whole grains](#)

Tips to help you eat whole grains

At Meals:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.



Related Topics

- [Grains](#)
- ◊ [Vegetables](#)
- ◊ [Fruits](#)
- ◊ [Milk](#)
- ◊ [Meat & Beans](#)
- ◊ [Oils](#)
- ◊ [Discretionary Calories](#)
- ◊ [Physical Activity](#)

[Print Page](#)

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat



cereal.

- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

What to Look for on the Food Label:

- Choose foods that name one of the following whole-grain ingredients *first* on the label's ingredient list:

"brown rice"	"whole oats"
"bulgur"	"whole rye"
"graham flour"	"whole wheat"
"oatmeal"	"wild rice"
"whole-grain corn"	

- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually *not* whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label and choose products with a higher % Daily Value (%DV) for fiber – the %DV for fiber is a good clue to the amount of whole grain in the product.
- Read the food label's ingredient list. Look for terms that indicate added sugars (sucrose, high-fructose corn syrup, honey, and molasses) and oils (partially hydrogenated vegetable oils) that add extra calories. Choose foods with fewer added sugars, fats, or oils.
- Most sodium in the food supply comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the Nutrition Facts label to choose foods with a lower % DV for sodium. Foods with less than 140 mg sodium per serving can be labeled as low sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help you identify foods that contain less salt (or sodium).

Whole Grain Tips for Children

- Set a good example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.



United States Department of Agriculture

MyPyramid.gov

[Home](#) | [About Us](#) | [News & Media](#) | [Site Help](#) | [Contact Us](#)

Search MyPyramid.gov

You are here: [Home](#) / [Inside the Pyramid](#) / [Vegetables](#) / [Tips to help you eat vegetables](#)

Inside the Pyramid

Subjects

- ▶ [My Pyramid Plan](#)
- ▶ [Inside the Pyramid](#)
- ▶ [Tips & Resources](#)
- ▶ [Dietary Guidelines](#)
- ▶ [Food Pyramids](#)
- ▶ [Related Links](#)
- ▶ [My Pyramid Tracker](#)



Tips to help you eat vegetables

In general:

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of such as baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly "zap" vegetables. White or sweet potatoes can be baked quickly this way.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.



Vegetables

- ◊ [What's in the Vegetable Group?](#)
- ◊ [How much is needed?](#)
- ◊ [What counts as a cup?](#)
- ◊ [Health benefits & nutrients](#)
- [Tips to help you eat vegetables](#)

Related Topics

- ◊ [Grains](#)
- [Vegetables](#)
- ◊ [Fruits](#)
- ◊ [Milk](#)
- ◊ [Meat & Beans](#)
- ◊ [Oils](#)
- ◊ [Discretionary Calories](#)
- ◊ [Physical Activity](#)

[Print Page](#)

For the best nutritional value:

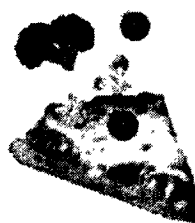
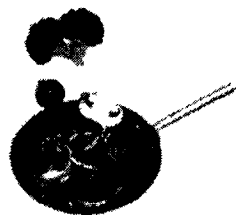
- Select vegetables with more potassium often, such as sweetpotatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Buy canned vegetables labeled "no salt added." If you



want to add a little ~~salt~~ it will likely be less than the amount in the regular canned product.

At meals:

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



Make vegetables more appealing:

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, or red or green pepper strips.



Vegetable tips for children:

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or

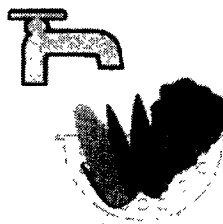


cut up vegetables.

- Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

Keep it safe:

- Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.





United States Department of Agriculture

MyPyramid.gov

[Home](#) | [About Us](#) | [News & Media](#) | [Site Help](#) | [Contact Us](#)

Search MyPyramid.gov

You are here: [Home](#) / [Inside the Pyramid](#) / [Fruits](#) / Why is it important to eat fruit?

Inside the Pyramid

Subjects

- ▶ [My Pyramid Plan](#)
- ▶ **Inside the Pyramid**
- ▶ [Tips & Resources](#)
- ▶ [Dietary Guidelines](#)
- ▶ [For Professionals](#)
- ▶ [Related Links](#)
- ▶ [My Pyramid Tracker](#)



Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Health benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Click here for more information about preventing cardiovascular disease, high blood pressure, diabetes, and cancer.

Nutrients

Food sources of the nutrients in bold can be found in the Dietary Guidelines for Americans. Click on the nutrient name to link to the food sources table.

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are important sources of many nutrients, including **potassium**, **dietary fiber**, **vitamin C**, and folate (folic acid).

Fruits

- ◊ [What's in the Fruit Group?](#)
- ◊ [How much is needed?](#)
- ◊ [What counts as a cup?](#)
- [Health benefits and nutrients](#)
- ◊ [Tips to help you eat fruits](#)

Related Topics

- ◊ [Grains](#)
- ◊ [Vegetables](#)
- [Fruits](#)
- ◊ [Milk](#)
- ◊ [Meat & Beans](#)
- ◊ [Oils](#)
- ◊ [Discretionary Calories](#)
- ◊ [Physical Activity](#)

[Print Page](#)

- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. *Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.*
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.



United States Department of Agriculture

MyPyramid.gov



[Home](#) | [About Us](#) | [News & Media](#) | [Site Help](#) | [Contact Us](#)

Search MyPyramid.gov

Go

Subjects

- ▶ MyPyramid.gov
- ▶ **Inside the Pyramid**
- ▶ Tips & Resources
- ▶ Dietary Guidelines
- ▶ For Professionals
- ▶ Related Links
- ▶ My Pyramid Tracker

You are here: [Home](#) / [Inside the Pyramid](#) / What foods are included in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group?

Inside the Pyramid



What foods are included in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. For more information on dry beans and peas click [here](#).

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry. (See [Why is it important to include fish, nuts, and seeds?](#))

Some commonly eaten choices in the Meat and Beans group, with selection tips, are:

View Meat & Beans Food Gallery

Meats*

Lean cuts of:

beef
ham
lamb
pork
veal

Game meats:

bison
rabbit
venison

Lean ground meats:

beef
pork
lamb

Lean luncheon meats

Organ meats:

liver
giblets

Poultry*

Dry beans and peas:

black beans
black-eyed peas
chickpeas (garbanzo beans)
falafel
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu (bean curd made from soy beans)
white beans

bean burgers:
garden burgers
veggie burgers

tempeh
texturized vegetable protein (TVP)

Fish*

Finfish such as:

catfish
cod
flounder
haddock
halibut
herring
mackerel
pollock
porgy
salmon
sea bass
snapper
swordfish
trout
tuna

Shellfish such as:

clams
crab
crayfish
lobster
mussels

Meat & Beans

- **What's in the Meat & Beans Group?**
- How much is needed?
- What counts as an ounce?
- Nutrients and health implications
- Tips for making wise choices
- Vegetarian Choices

Related Topics

- Grains
- Vegetables
- Fruits
- Milk
- **Meat & Beans**
- Oils
- Discretionary Calories
- Physical Activity

Print Page

chicken
duck
goose
turkey
ground chicken and turkey

Eggs*

chicken eggs
duck eggs

Nuts & seeds*

almonds
cashews
hazelnuts (filberts)
mixed nuts
peanuts
peanut butter
pecans
pistachios
pumpkin seeds
sesame seeds
sunflower seeds
walnuts

octopus
oysters
scallops
squid (calamari)
shrimp

Canned fish such as:

anchovies
clams
tuna
sardines

***Selection Tips**

Choose lean or low-fat meat and poultry. If higher fat choices are made, such as regular ground beef (75 to 80% lean) or chicken with skin, the fat in the product counts as part of the discretionary calorie allowance. Click here for more details on discretionary calories.

If solid fat is added in cooking, such as frying chicken in shortening or frying eggs in butter or stick margarine, this also counts as part of the discretionary calorie allowance. Click here for more details on discretionary calories.

Select fish rich in omega-3 fatty acids, such as salmon, trout, and herring, more often (See Why is it important to include fish, nuts, and seeds?).

Liver and other organ meats are high in cholesterol. Egg yolks are also high in cholesterol, but egg whites are cholesterol-free.

Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts label to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt- containing solution also have added sodium. Check the product label for statements such as "self-basting" or "contains up to ___% of ___", which mean that a sodium-containing solution has been added to the product.

Sunflower seeds, almonds, and hazelnuts (filberts) are the richest sources of vitamin E in this food group. To help meet vitamin E recommendations, make these your nut and seed choices more often.



United States Department of Agriculture

MyPyramid.gov

Home About Us News & Media Site Help Contact Us

Search MyPyramid.gov

Subjects

- ▶ MyPyramid
- ▶ Inside the Pyramid
- ▶ Tips & Techniques
- ▶ Dietary Guidelines
- ▶ Physical Activity
- ▶ Nutrition Facts
- ▶ MyPyramid Tracker

You are here: Home / Inside the Pyramid / Meat & Beans / Tips to help you make wise choices from the meat & beans group

Inside the Pyramid



Tips to help you make wise choices from the meat & beans group

Go lean with protein:

- Start with a lean choice:
 - The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
 - The leanest pork choices include pork loin, tenderloin, center loin, and ham.
 - Choose extra lean ground beef. The label should say at least "90% lean". You may be able to find ground beef that is 93% or 95% lean.
 - Buy skinless chicken parts, or take off the skin before cooking.
 - Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
 - Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.



Keep it lean:

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause

Meat & Beans

- ◊ What's in the Meat & Beans Group?
- ◊ How much is needed?
- ◊ What counts as an ounce?
- ◊ Nutrients and health implications
- Tips for making wise choices
- ◊ Vegetarian Choices

Related Topics

- ◊ Grains
- ◊ Vegetables
- ◊ Fruits
- ◊ Milk
- Meat & Beans
- ◊ Oils
- ◊ Discretionary Calories
- ◊ Physical Activity

Print Page

the food to soak up more fat during frying.

- Prepare dry beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

Vary your protein choices:

- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring. Some ideas are:

- Salmon steak or filet
- Salmon loaf
- Grilled or baked trout



- Choose dry beans or peas as a main dish or part of a meal often. Some choices are:
 - Chili with kidney or pinto beans
 - Stir-fried tofu
 - Split pea, lentil, minestrone, or white bean soups
 - Baked beans
 - Black bean enchiladas
 - Garbanzo or kidney beans on a chef's salad
 - Rice and beans
 - Veggie burgers or garden burgers
 - Hummus (chickpeas) spread on pita bread
- Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items:
 - Use pine nuts in pesto sauce for pasta.
 - Add slivered almonds to steamed vegetables.
 - Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
 - Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
 - Add walnuts or pecans to a green salad instead of cheese or meat.



What to look for on the Food Label:

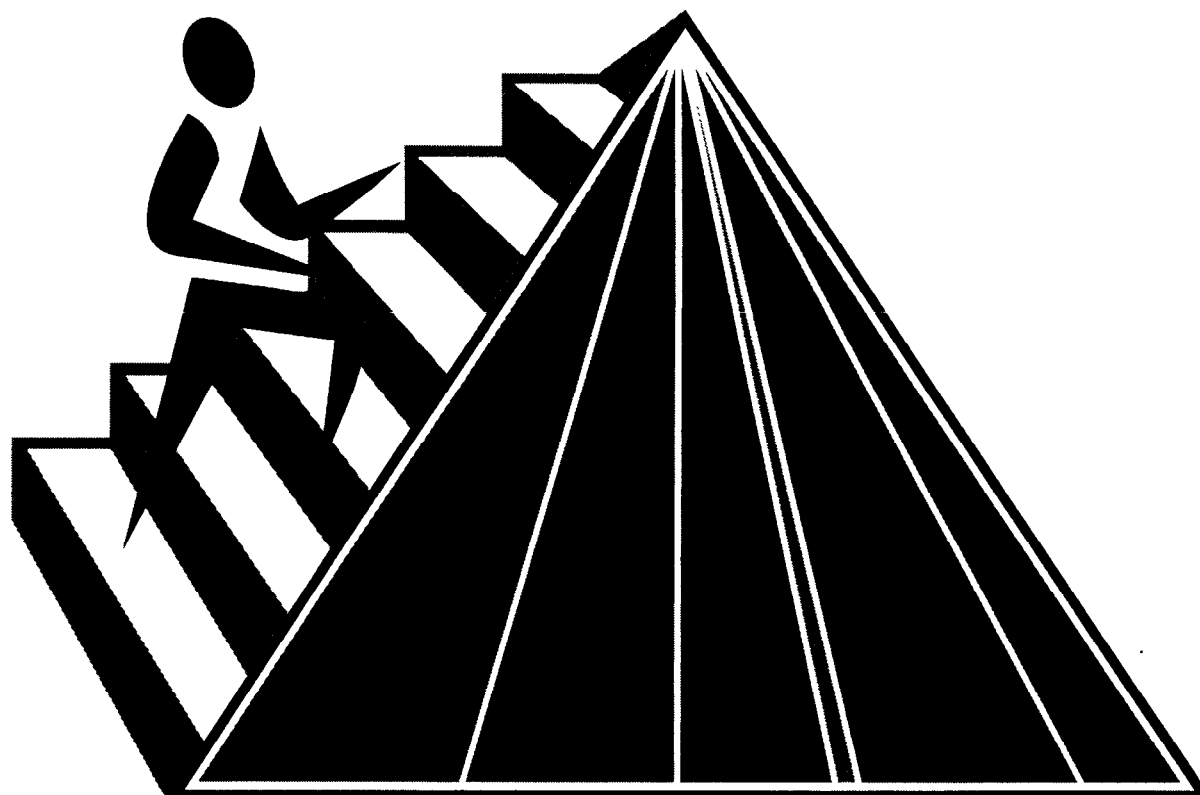
- Check the Nutrition Facts label for the saturated fat, *trans* fat, cholesterol, and sodium content of packaged foods.
 - Processed meats such as hams, sausages, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts label to help limit sodium intake.
 - Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have

added ~~sodium~~. Check the product label for statements such as "self-basting" or "contains up to ___% of ___."

- Lower fat versions of many processed meats are available. Look on the Nutrition Facts label to choose products with less fat and saturated fat.

Keep it safe to eat:

- Separate raw, cooked and ready-to-eat foods.
- Do not wash or rinse meat or poultry.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods.
- Cook foods to a safe temperature to kill microorganisms. Use a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through.
- Chill (refrigerate) perishable food promptly and defrost foods properly. Refrigerate or freeze perishables, prepared food and leftovers within two hours.
- Plan ahead to defrost foods. Never defrost food on the kitchen counter at room temperature. Thaw food by placing it in the refrigerator, submerging air-tight packaged food in cold tap water, or defrosting on a plate in the microwave.
- Avoid raw or partially cooked eggs or foods containing raw eggs and raw or undercooked meat and poultry.
- Women who may become pregnant, pregnant women, nursing mothers, and young children should avoid some types of fish and eat types lower in mercury. See www.cfsan.fda.gov/~dms/admeHg3.html or call 1-888-SAFEFOOD for more information.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



Meat & Beans Group: Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Sample Menu for a 2000-Calorie Diet

BREAKFAST

Cold cereal
 1 cup puffed wheat cereal
 1 tbsp raisins
 1 cup fat-free milk
 1 small banana
 1 slice whole wheat toast
 1 tsp soft margarine
 1 tsp jelly

LUNCH

Smoked turkey sandwich
 2 ounces whole wheat pita bread
 1/4 cup romaine lettuce
 2 slices tomato
 3 ounces sliced smoked turkey breast*
 1 tbsp mayo-type salad dressing
 1 tsp yellow mustard
 1/2 cup apple slices
 1 cup tomato juice*

DINNER

Grilled top loin steak
 5 ounces grilled top loin steak
 3/4 cup mashed potatoes
 2 tsp soft margarine
 1/2 cup steamed carrots
 1 tbsp honey
 2 ounces whole wheat dinner roll
 1 tsp soft margarine
 1 cup fat-free milk

SNACKS

1 cup low-fat fruited yogurt

BREAKFAST

French toast
 2 slices whole wheat French toast
 2 tsp soft margarine
 2 tbsp maple syrup
 1/2 medium grapefruit
 1 cup fat-free milk

LUNCH

Vegetarian chili on baked potato
 1 cup kidney beans*
 1/2 cup tomato sauce w/ tomato tidbits*
 3 tbsp chopped onions
 1 ounce lowfat cheddar cheese
 1 tsp vegetable oil
 1 medium baked potato
 1/2 cup cantaloupe
 3/4 cup lemonade

DINNER

Hawaiian pizza
 2 slices cheese pizza
 1 ounce canadian bacon
 1/4 cup pineapple
 2 tbsp mushrooms
 2 tbsp chopped onions
 Green salad
 1 cup leafy greens
 3 tsp sunflower oil and vinegar dressing
 1 cup fat-free milk

SNACKS

5 whole wheat crackers*
 1/8 cup hummus
 1/2 cup fruit cocktail (in water or juice)

BREAKFAST

Pancakes
 3 buckwheat pancakes
 2 tsp soft margarine
 3 tbsp maple syrup
 1/2 cup strawberries
 3/4 cup honeydew melon
 1/2 cup fat-free milk

LUNCH

Manhattan clam chowder
 3 ounces canned clams (drained)
 3/4 cup mixed vegetables
 1 cup canned tomatoes*
 10 whole wheat crackers*
 1 medium orange
 1 cup fat-free milk

DINNER

Vegetable stir-fry
 4 ounces tofu (firm)
 1/4 cup green and red bell peppers
 1/2 cup bok choy
 2 tbsp vegetable oil
 1 cup brown rice
 1 cup lemon-flavored iced tea

SNACKS

1 ounce sunflower seeds*
 1 large banana
 1 cup low-fat fruited yogurt

* Starred items are foods that are labeled as no-salt added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt added in cooking or at the table



Sample Menus for a 2000-Calorie Food Pattern

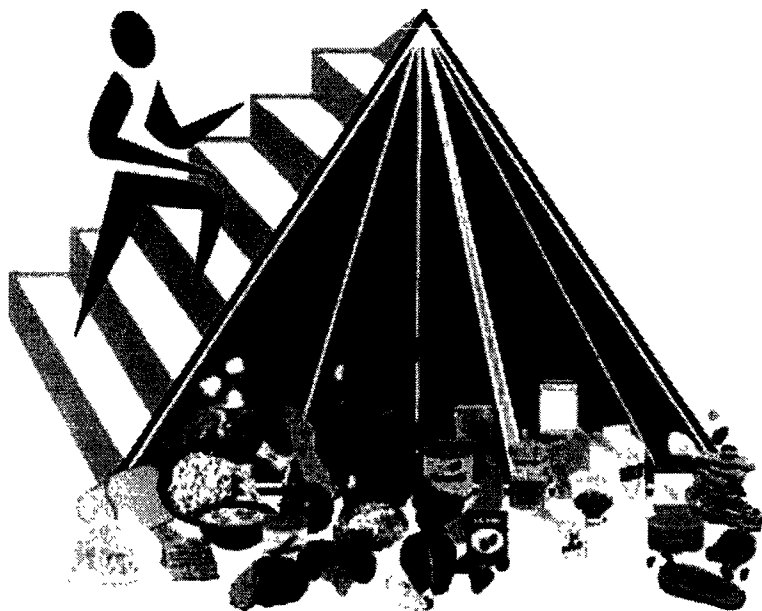
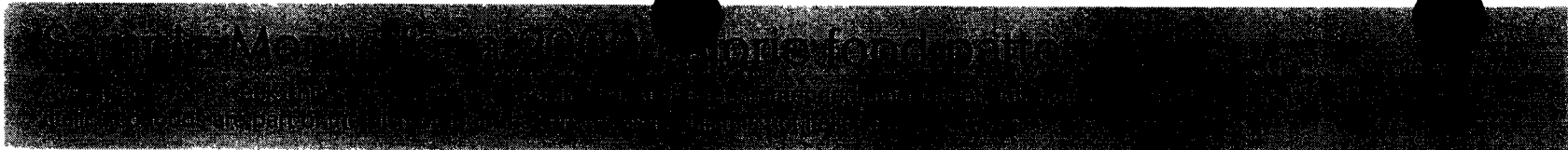
These sample menus are based on the 2000-Calorie Food Pattern. They are intended to provide a general guide to the types of foods and amounts that can be included in a healthy diet. The menus are not intended to be used as a prescription for a specific diet. The menus are based on the 2000-Calorie Food Pattern, which is based on the Dietary Guidelines for Americans, 2000. The menus are based on the 2000-Calorie Food Pattern, which is based on the Dietary Guidelines for Americans, 2000.

Day 1
BREAKFAST
Breakfast burrito <i>1 flour tortilla (7" diameter)</i> <i>1 scrambled egg (in 1 tsp soft margarine)</i> <i>1/3 cup black beans*</i> <i>2 tbsp salsa</i> 1 cup orange juice 1 cup fat-free milk
LUNCH
Roast beef sandwich <i>1 whole grain sandwich bun</i> <i>3 ounces lean roast beef</i> <i>2 slices tomato</i> <i>1/4 cup shredded romaine lettuce</i> <i>1/8 cup sauteed mushrooms (in 1 tsp oil)</i> <i>1 1/2 ounce part-skim mozzarella cheese</i> <i>1 tsp yellow mustard</i> 3/4 cup baked potato wedges* <i>1 tbsp ketchup</i> 1 unsweetened beverage
DINNER
Stuffed broiled salmon <i>5 ounce salmon filet</i> <i>1 ounce bread stuffing mix</i> <i>1 tbsp chopped onions</i> <i>1 tbsp diced celery</i> <i>2 tsp canola oil</i> 1/2 cup saffron (white) rice <i>1 ounce slivered almonds</i> 1/2 cup steamed broccoli <i>1 tsp soft margarine</i> 1 cup fat-free milk
SNACKS
1 cup cantaloupe

Day 2
BREAKFAST
Hot cereal <i>1/2 cup cooked oatmeal</i> <i>2 tbsp raisins</i> <i>1 tsp soft margarine</i> 1/2 cup fat-free milk 1 cup orange juice
LUNCH
Taco salad <i>2 ounces tortilla chips</i> <i>2 ounces ground turkey, sauteed in 2 tsp sunflower oil</i> <i>1/2 cup black beans*</i> <i>1/2 cup iceberg lettuce</i> <i>2 slices tomato</i> <i>1 ounce low-fat cheddar cheese</i> <i>2 tbsp salsa</i> <i>1/2 cup avocado</i> <i>1 tsp lime juice</i> 1 unsweetened beverage
DINNER
Spinach lasagna <i>1 cup lasagna noodles, cooked (2 oz dry)</i> <i>2/3 cup cooked spinach</i> <i>1/2 cup ricotta cheese</i> <i>1/2 cup tomato sauce tomato bits*</i> <i>1 ounce part-skim mozzarella cheese</i> 1 ounce whole wheat dinner roll 1 cup fat-free milk
SNACKS
1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tbsp raisins

Day 3
BREAKFAST
Cold cereal <i>1 cup bran flakes</i> <i>1 cup fat-free milk</i> <i>1 small banana</i> 1 slice whole wheat toast <i>1 tsp soft margarine</i> 1 cup prune juice
LUNCH
Tuna fish sandwich <i>2 slices rye bread</i> <i>3 ounces tuna (packed in water, drained)</i> <i>2 tsp mayonnaise</i> <i>1 tbsp diced celery</i> <i>1/4 cup shredded romaine lettuce</i> <i>2 slices tomato</i> 1 medium pear 1 cup fat-free milk
DINNER
Roasted chicken breast <i>3 ounces boneless skinless chicken breast*</i> 1 large baked sweetpotato 1/2 cup peas and onions <i>1 tsp soft margarine</i> 1 ounce whole wheat dinner roll <i>1 tsp soft margarine</i> 1 cup leafy greens salad <i>3 tsp sunflower oil and vinegar dressing</i>
SNACKS
1/4 cup dried apricots 1 cup low-fat fruited yogurt

Day 4
BREAKFAST
1 whole wheat English muffin <i>2 tsp soft margarine</i> <i>1 tbsp jam or preserves</i> 1 medium grapefruit 1 hard-cooked egg 1 unsweetened beverage
LUNCH
White bean-vegetable soup <i>1 1/4 cup chunky vegetable soup</i> <i>1/2 cup white beans*</i> 2 ounce breadstick 8 baby carrots 1 cup fat-free milk
DINNER
Rigatoni with meat sauce <i>1 cup rigatoni pasta (2 ounces dry)</i> <i>1/2 cup tomato sauce tomato bits*</i> <i>2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil)</i> <i>3 tbsp grated Parmesan cheese</i> Spinach salad <i>1 cup baby spinach leaves</i> <i>1/2 cup tangerine slices</i> <i>1/2 ounce chopped walnuts</i> <i>3 tsp sunflower oil and vinegar dressing</i> 1 cup fat-free milk
SNACKS
1 cup low-fat fruited yogurt

**VEGETABLES ***

FRUITS

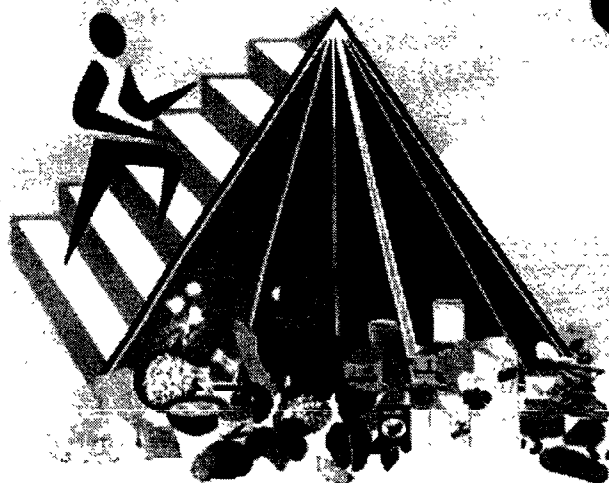
MILK

MEAT & BEANS

OILS

Oil (tsp/grams)
7.2 tsp/32.4 g

*Vegetable subgroups	(weekly totals)
Dk-Green Veg (cups)	3.3
Orange Veg (cups)	2.3
Beans/ Peas (cups)	3.0
Starchy Veg (cups)	3.4
Other Veg (cups)	6.6



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

3 ounces

Choose your grains wisely.

Whole grains are the best choice.

VEGETABLES

1 cup

Choose a variety of vegetables.

Dark green, red, and orange vegetables are the best choices.

FRUITS

1 cup

Choose a variety of fruits.

Whole fruits are the best choice.

MILK

2 cups

Choose low-fat or fat-free milk.

Low-fat or fat-free milk is the best choice.

MEAT & BEANS

2 ounces

Choose lean meats, poultry, fish, eggs, tofu, nuts, and seeds.

Lean meats, poultry, fish, eggs, tofu, nuts, and seeds are the best choices.

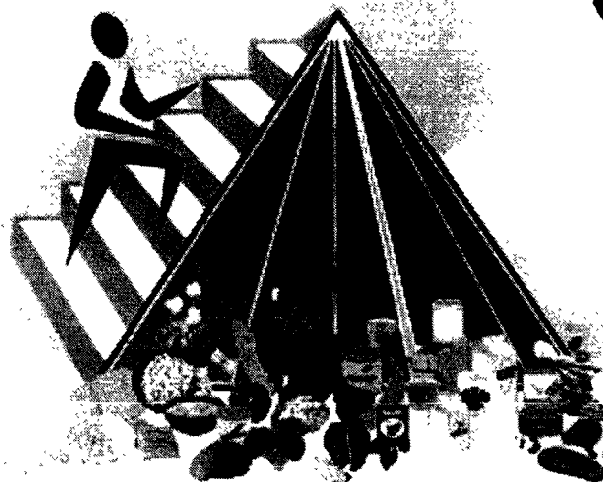
Remember to drink water. It's the best choice for staying hydrated.

Remember to eat a variety of foods. It's the best way to get all the nutrients you need.

Your results are based on a 1000 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

5 ounces

Wheat, rice, oats, cornmeal, bread, pasta, cereal, and other grain products. Choose whole grains. Limit refined grains. Limit added sugars and fats. Limit sodium.

VEGETABLES

1 1/2 cups

Dark green, red, orange, and yellow vegetables. Choose a variety. Limit starchy vegetables. Limit added sugars and fats. Limit sodium.

FRUITS

1 1/2 cups

Fruit, fruit juice, and fruit and vegetable juice. Choose a variety. Limit added sugars. Limit sodium.

MILK

2 cups

Milk, yogurt, and cheese. Choose low-fat or fat-free. Limit added sugars. Limit sodium.

MEAT & BEANS

4 ounces

Meat, poultry, fish, eggs, tofu, nuts, and seeds. Choose lean. Limit added fats. Limit sodium.

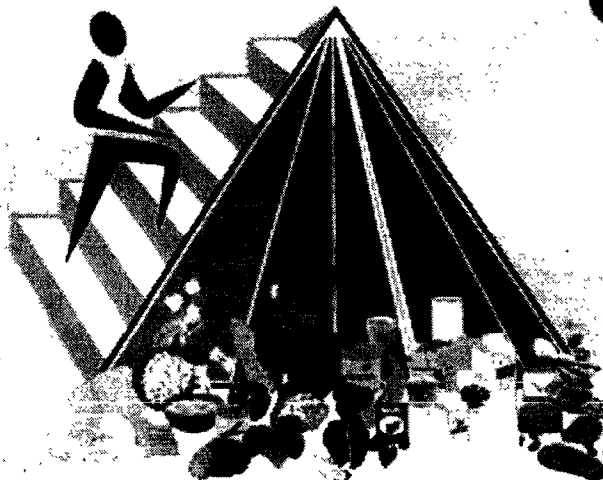
Remember to drink water. Limit alcohol. Limit added sugars, fats, and sodium. Choose a variety of foods from each food group.

Remember to be active. Limit sedentary time. Get enough sleep. Manage stress. Limit alcohol. Limit added sugars, fats, and sodium. Choose a variety of foods from each food group.

Your results are based on a 1400 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

9 ounces

Make half your grains whole.

Amount: 9 1/2 cups

VEGETABLES

3 1/2 cups

Make half your vegetables dark green, red, or orange.

Amount: 3 1/2 cups

Amount: 3 1/2 cups

Amount: 3 1/2 cups

Amount: 3 1/2 cups

Amount: 3 1/2 cups

Amount: 3 1/2 cups

FRUITS

2 cups

Make half your fruits whole.

Amount: 2 cups

Amount: 2 cups

Amount: 2 cups

Amount: 2 cups

Amount: 2 cups

Amount: 2 cups

MILK

3 cups

Make half your milk low-fat or fat-free.

Amount: 3 cups

Amount: 3 cups

Amount: 3 cups

Amount: 3 cups

Amount: 3 cups

Amount: 3 cups

MEAT & BEANS

6 1/2 ounces

Make half your meat lean.

Amount: 6 1/2 ounces

Amount: 6 1/2 ounces

Amount: 6 1/2 ounces

Amount: 6 1/2 ounces

Amount: 6 1/2 ounces

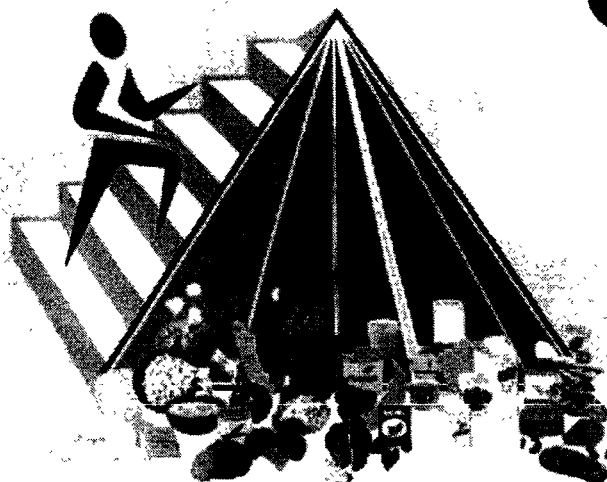
Amount: 6 1/2 ounces

Your results are based on a 2600 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

(1600 not print)



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

4 ounces

VEGETABLES

1 1/2 cups

FRUITS

1 cup

MILK

2 cups

MEAT & BEANS

3 ounces

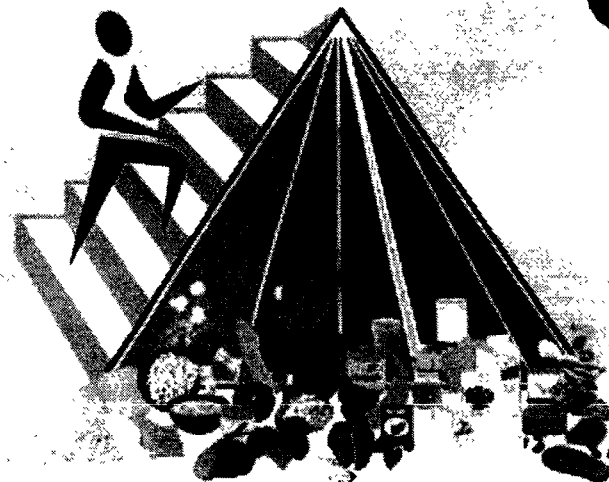
This information is based on a 1200 calorie pattern. Your results may vary based on your actual calorie needs.

For more information, visit www.mypyramid.gov

Your results are based on a 1200 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS
6 ounces

VEGETABLES
2 1/2 cups

FRUITS
1 1/2 cups

MILK
3 cups

MEAT & BEANS
5 ounces

Enter your name and age to see how your results compare to others in your age group.

Enter your name and age to see how your results compare to others in your age group.

Your results are based on a 1800 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



GRAINS
8 ounces

VEGETABLES
3 cups

FRUITS
2 cups

MILK
3 cups

MEAT & BEANS
6 1/2 ounces

Your results are based on a 2400 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



GRAINS
7 ounces

VEGETABLES
3 cups

FRUITS
2 cups

MILK
3 cups

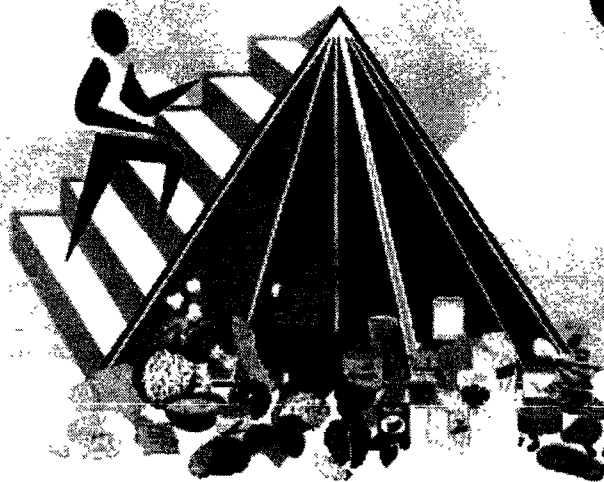
MEAT & BEANS
6 ounces

LEARN HOW YOU
 CAN BE PROOF
 OF THE BUSINESS
 WITH THE BUSINESS

THE UNIVERSITY OF CHICAGO PRESS

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS
10 ounces

VEGETABLES
4 cups

FRUITS
2 1/2 cups

MILK
3 cups

MEAT & BEANS
7 ounces

For more information on MyPyramid, visit www.mypyramid.gov.
MyPyramid is a tool to help you make healthy choices.

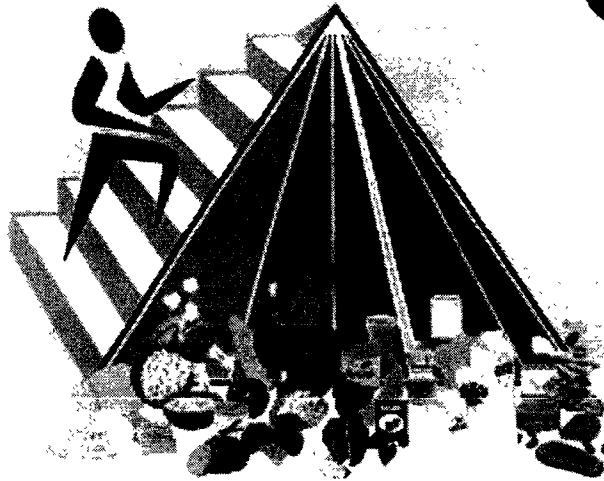
For more information on MyPyramid, visit www.mypyramid.gov.

MyPyramid is a tool to help you make healthy choices.

Your results are based on a 3000 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

10 ounces

At least 3 ounces of whole grains

At least 5 ounces of whole grains

VEGETABLES

3 1/2 cups

At least 1 cup of dark green vegetables

At least 1 cup of red and orange vegetables

At least 1 cup of starchy vegetables

At least 1 cup of legumes

FRUITS

2 1/2 cups

At least 1 cup of whole fruits

At least 1 cup of fruit and/or vegetable juice

MILK

3 cups

At least 1 cup of low-fat or fat-free milk

At least 1 cup of yogurt

At least 1 cup of cheese

MEAT & BEANS

7 ounces

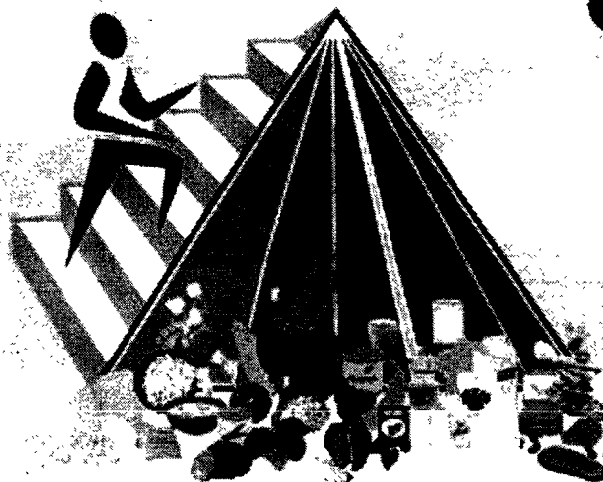
At least 5 ounces of meat, poultry, or fish

At least 2 ounces of beans, lentils, or tofu

Your results are based on a 2800 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS

6 ounces

VEGETABLES

2 1/2 cups

FRUITS

2 cups

MILK

3 cups

MEAT & BEANS

5 1/2 ounces

Whole-grain bread
Cereal
Pasta
Rice
Baked potato
Corn
Beans
Lentils
Soybeans
Tofu
Eggs
Cheese
Yogurt
Milk
Ice cream
Soft drinks
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications

Dark green vegetables
Light green vegetables
Orange vegetables
Yellow vegetables
White vegetables
Beans
Lentils
Soybeans
Tofu
Eggs
Cheese
Yogurt
Milk
Ice cream
Soft drinks
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications

Apples
Oranges
Bananas
Grapes
Pears
Plums
Cherries
Peaches
Nectarines
Apricots
Mangoes
Pineapples
Watermelon
Cantaloupes
Honeydews
Kiwis
Figs
Dates
Raisins
Dried fruit
Fruit juice
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications

Whole milk
2% milk
1% milk
Skim milk
Ice cream
Soft drinks
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications

Beef
Pork
Chicken
Turkey
Deli meat
Hot dogs
Sausages
Bacon
Eggs
Cheese
Yogurt
Milk
Ice cream
Soft drinks
Alcohol
Candy
Sweets
Fast food
Snacks
Desserts
Fats and oils
Soy products
Nuts and seeds
Herbs and spices
Vitamin and mineral supplements
Medications

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Your results are based on a 2000 calorie pattern.

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Amount of food group consumed (in ounces or cups)

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



United States Department of Agriculture

MyPyramid.gov

[Home](#) | [About Us](#) | [News & Media](#) | [Site Help](#) | [Contact Us](#)

Search MyPyramid.gov

Go

Subjects

- ▶ [My Pyramid Plan](#)
- ▶ [Inside the Pyramid](#)
- ▶ [Tips & Resources](#)
- ▶ [Dietary Guidelines](#)
- ▶ [For Professionals](#)
- ▶ [Related Links](#)
- ▶ [My Pyramid Tracker](#)

You are here: [Home](#) / [Dietary Guidelines](#)

Dietary Guidelines

The **Dietary Guidelines for Americans, 2005**, gives science-based advice on food and physical activity choices for health. To see the full 80-page Dietary Guidelines report, [click here](#).

[Print Page](#)**What is a "Healthy Diet"?**

The Dietary Guidelines describe a **healthy diet** as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

Development of Authoritative Statements: The content of this website is not appropriate for use in the development of authoritative statements, as provided for in the Food and Drug Administration Modernization Act. This content has been developed based on the Dietary Guidelines for Americans, 2005, which has the potential to provide authoritative statements. Only statements included in the Executive Summary and Key Recommendations boxes of the Dietary Guidelines can be used for identification of authoritative statements.



United States Department of Agriculture

MyPyramid.gov

[Home](#) | [About Us](#) | [News & Media](#) | [Site Help](#) | [Contact Us](#)

Search MyPyramid.gov

You are here: [Home](#) / [For Professionals](#) / [Education Framework](#)

For Professionals

Subjects

- ▶ [My Pyramid Plan](#)
- ▶ [Inside the Pyramid](#)
- ▶ [Tips & Resources](#)
- ▶ [Dietary Guidelines](#)
- ▶ [For Professionals](#)
- ▶ [Related Links](#)
- ▶ [My Pyramid Tracker](#)

Background:

The 2005 Dietary Guidelines for Americans are the basis for Federal nutrition policy. The Food Guidance System provides food-based guidance to help implement the recommendations of the Guidelines. The System was based on both the Guidelines and the Dietary Reference Intakes from the National Academy of Sciences, while taking into account current consumption patterns of Americans. The System translates the Guidelines into a **total** diet that meets nutrient needs from food sources and aims to moderate or limit dietary components often consumed in excess. An important complementary tool to the System is the Nutrition Facts label on food products.

The Food Guidance System provides web-based interactive and print materials for consumers. In addition to the materials developed for consumers, the System also includes materials designed for professionals. These professional materials are intended for use by programs and agencies in developing consumer education materials; by nutritionists and educators as the basis for their education efforts; and by the media to assist them in understanding and reporting of Federal food guidance. They include:

- **Food Intake Patterns** that identify **what** and **how much** food an individual should eat for health. The amounts to eat are based on a person's age, sex, and activity level. These patterns have been published in the 2005 Dietary Guidelines
- **Education Framework** that explains **what changes** most Americans need to make in their eating and activity choices, **how** they can make these changes, and **why** these changes are important for health.
- **Glossary** that defines key terms used in the Food Guidance System documents.

This document includes the Education Framework and the Glossary.

Overview of the Food Guidance System Education Framework:

The Education Framework provides specific recommendations for making food choices that will improve the quality of an average American diet. These recommendations are interrelated and should be used together. Taken together, they would result in the following changes from a typical diet:

- Increased intake of vitamins, minerals, dietary fiber, and other essential nutrients, especially of those that are often low in typical diets
- Lowered intake of saturated fats, *trans* fats, and cholesterol and increased intake of fruits, vegetables, and whole grains to decrease risk for some chronic diseases
- Calorie intake balanced with energy needs to prevent weight gain and/or promote a healthy weight

The recommendations in the Framework fall under four overarching themes:

- **Variety**—Eat foods from all food groups and subgroups.
- **Proportionality**—Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products), and less of others (foods high in saturated or *trans* fats, added sugars, cholesterol, salt and alcohol.).
- **Moderation**—Choose forms of foods that limit intake of saturated or *trans* fats, added sugars, cholesterol, salt and alcohol.
- **Activity**—Be physically active every day.

The Framework's recommendations are presented as key concepts for educators. The key concepts are organized by topic area: calories; physical activity; grains; vegetables; fruits; milk, yogurt, and cheese; meat, poultry, fish, dry beans, eggs, and nuts; fats and oils; sugars and sweets; ~~salt~~ alcohol; and food safety. Under each topic area, information is presented on:

- **What** actions should be taken for a healthy diet,
- **How** these actions can be implemented, and
- **Why** this action is important for health (the key benefits).

These key concepts are not intended as direct consumer messages, but rather as a framework of ideas from which professionals can develop consumer messages and materials.

CALORIES		
What	How	Why
<p>Balance calorie intake from foods and beverages with calories expended.</p> <p>To prevent gradual weight gain with age, make small decreases in food and beverage calories and increase physical activity.</p> <p>Limit the amount of fats, added sugars, and alcohol consumed to stay within the discretionary calorie allowance.</p> <p>See the glossary for a definition and more information on discretionary calorie allowances. See the food intake patterns for specific discretionary calorie allowances at each calorie level.</p>	<p>Determine the number of calories needed for energy balance. These can be estimated from the 2005 Dietary Guidelines Table 3, or from EER formulas (see glossary).</p> <p>Strategies:</p> <p>Choosing versions of foods that are "nutrient dense" (with little or no solid fats or added sugars).</p> <p>Limiting the amounts of added sugars, fats and oils (especially solid fats), and alcohol consumed to keep discretionary calorie intake within the allowance for a selected food intake pattern.</p> <p>Substituting water, plain coffee, or tea as a beverage for beverages high in added sugars (such as regular sodas).</p> <p>Increasing physical activity level.</p> <p>If too many calories are consumed one day, consuming less the next day.</p>	<p>To maintain body weight in a healthy range</p>
<p>If weight loss is needed, aim for a slow, steady weight loss by decreasing calorie intake, while maintaining an adequate nutrient intake and increasing physical activity.</p>	<p>Following the food intake pattern at a calorie level identified for the person's age and sex may result in weight loss. Food intake patterns are based on energy needs of a person with healthy weight.</p> <p>Thus, people who are overweight may be able to lose weight following the food intake pattern for their age and sex.</p> <p>Increasing physical activity level may also assist with</p>	<p>To lose weight</p>

weight loss.

Those with a chronic disease or on medication should consult with a healthcare provider about weight loss strategies to ensure proper management of other health conditions.

PHYSICAL ACTIVITY

What	How	Why
<u>Adults</u>		
Engage in regular physical activity and reduce sedentary activities.	Physical activity recommendations are above usual activity. Physical activity may include short bouts (10 minutes) to accumulate total time over the day.	To increase total energy needs, which makes it easier to meet nutrient requirements.
a) To reduce the risk of chronic disease, engage in at least 30 minutes of moderate- to vigorous-intensity physical activity above usual activity at work or home on most days of the week.	Some examples of moderate physical activity are walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation.	To help reduce the risk of chronic disease, as part of an overall healthy diet, to help prevent weight gain, and/or to sustain weight loss
b) To manage body weight and prevent gradual, unhealthy weight gain, engage in up to 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.	Some examples of vigorous physical activity are jogging, high-impact aerobic dancing, swimming continuous laps, or bicycling uphill. This type of activity results in a significant increase in heart and breathing rate.	To improve physical fitness.
c) To sustain weight loss, engage in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.	Strategies: Building more physical activity into daily routine at home and at work, such as walking or biking rather than driving. Choosing leisure activities that provide moderate to vigorous activity, such as outdoor walks or hikes, participating in sports, taking a fitness class at the gym, or playing actively with children. Planning a time for exercise in daily routine, such as time at the gym, an exercise class, or a brisk walk or run.	
<u>Children and adolescents</u>		
Engage in at least 60 minutes of physical activity on most, preferably all, days of the week.	Same as above.	

GRAINS		
What	How	Why
<p>Make at least half of the total grains eaten whole grains.</p> <p>Consume 3 or more ounce-equivalents of whole-grain products per day.</p> <p>Since the recommended 3 ounce-equivalents may be difficult for young children to achieve, they should gradually increase the amount of whole grains in their diets. An ounce-equivalent of grains is about 1 slice of bread, 1 cup of ready-to-eat cereal flakes, or ½ cup of cooked pasta or rice, or cooked cereal.</p>	<p>Some examples of whole grains are brown rice, buckwheat, bulgur, oatmeal, wild rice, and whole wheat bread, crackers, pasta, and tortillas.</p> <p>Strategies:</p> <p>Checking the ingredient list on grain product labels. For many whole grain products, the words "whole" or "whole grain" will appear before the grain ingredient's name.</p> <p>Checking the Nutrition Facts label for the fiber content of food products. Fiber content is a good clue to the amount of whole grain in the product.</p> <p>Choosing 100% whole grain breads, preferably, or mixed whole and white flour breads such as multi-grain or cracked wheat.</p> <p>Substituting whole grain choices for various types of refined grains eaten, such as breakfast cereals, breads, crackers, rice, and pasta.</p> <p>Adding whole grains to mixed dishes such as soups, stews, and casseroles.</p>	<p>To help reduce risk of coronary heart disease and other chronic diseases, as part of an overall healthy diet</p> <p>To provide dietary fiber</p> <p>To maintain adequate laxation</p>
<p>Keep the total amount of grains eaten to the amount needed each day.</p> <p>For example, those needing 2000 calories per day¹ need about 6 ounce-equivalents of grains per day. See food intake patterns for other calorie levels.</p>	<p>Checking the portion sizes of the grain foods eaten often. For example, a whole bagel is 3 to 4 ounce-equivalents, and a portion of pasta (1 to 2 cups cooked) may be 2 to 4 ounce-equivalents.</p>	<p>To maintain caloric balance</p>

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

VEGETABLES		
What	How	Why
<p>Eat recommended amounts of vegetables, and choose a variety of vegetables each day.</p>	<p>Fresh, frozen and canned vegetables all count towards meeting vegetable intake goals. For canned vegetables,</p>	<p>To provide a variety of nutrients and dietary fiber in the diet</p>

For example, those needing 2000 calories per day¹ need about 2 ½ cups of vegetables per day. See food intake patterns for other calorie levels.

No salt-added is the best choice.

Some vegetables that are rich in potassium include sweetpotatoes, beet greens, white potatoes, white beans, tomato products, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.

To help reduce risk of chronic diseases, as part of an overall healthy diet. A diet rich in potassium may help to maintain healthy blood pressure.

Strategies:

Including vegetables in lunch, dinner, and snacks.

Preparing main dishes, side dishes, and salads that include vegetables.

Adding vegetables to mixed dishes such as soups, stews, casseroles, and stir-fries.

Eat more dark-green vegetables, orange vegetables, and dry beans and peas.

Some examples of dark-green vegetables are broccoli, spinach, kale, romaine lettuce, spinach, and watercress.

To provide a variety of nutrients and fiber in the diet

For example, those needing 2000 calories per day¹ need to eat 3 cups dark-green vegetables, 2 cups orange vegetables, and 3 cups of cooked dry beans and peas **each week**. See food intake patterns for other calorie levels.

Some examples of orange vegetables are carrots, sweet potatoes, pumpkin, and winter squash.

Some examples of dry beans and peas are kidney beans, pinto beans, split peas, chickpeas, lentils.

Strategies:

Adding dark-green or orange vegetables to soups, stews, casseroles, and stir-fries.

Using romaine, spinach, or other dark leafy greens as salad greens, and eating green salads often.

Choosing main dishes, side dishes, and salads that include cooked dry beans or peas.

Keep the amounts of starchy vegetables to the amount needed each week.

Some examples of starchy vegetables are white potatoes, corn and green peas.

To maintain caloric balance

For example, those needing 2000 calories per day¹ need 3 cups of starchy vegetables **each week**. See food intake patterns for other calorie levels.

Strategies:
When eating potatoes, selecting a small sized portion, such as a small baked potato or a small order of French fries.

To provide a variety of nutrients and fiber in the diet

Choosing a dark green or orange vegetable instead of potatoes, corn, or green peas

more often.

Choosing a green salad instead of French fries more often.

Choose a variety of other vegetables regularly.

For example, those needing 2000 calories per day¹ need 6 ½ cups of other vegetables **each week**. See food intake patterns for other calorie levels.

Some examples of other vegetables include tomatoes, lettuce, green beans, celery, cabbage, onion, and mushrooms.

Strategies:
Including a variety of vegetables in meals regularly.

To provide a variety of nutrients and fiber in the diet

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

FRUITS

What	How	Why
Eat recommended amounts of fruit, and choose a variety of fruits each day.	Canned*, frozen, and dried fruits all count towards meeting fruit goals.	To provide a variety of nutrients and fiber in the diet.
For example, people who need 2000 calories per day ¹ need 2 cups of fruit per day. See food intake patterns for other calorie levels.	Some fruits that are rich in potassium include prune juice, bananas, cantaloupe, honeydew, prunes, dried peaches or apricots, orange juice, and plantains.	To help reduce risk of chronic diseases, as part of an overall healthy diet. A diet rich in potassium may help to maintain healthy blood pressure.
	Strategies: Using fruit in salads, toppings, desserts, and/or snacks regularly.	
	Using fruit as a topping on cereal, pancakes, and other foods rather than sugars, syrups, or other sweet toppings.	
	Selecting fruits that are in season to increase variety.	
	Using canned*, frozen, and dried fruits as well as fresh fruits.	
	*Light or heavy syrup adds sugar to canned fruits. Fruits canned in juice or water are a better choice.	
Keep the amounts of fruit juice consumed to less than half of total fruit intake.	Some fruit juices, such as orange and prune juice, are rich in potassium. These are better choices when selecting fruit juice.	To provide fiber in the diet
	Strategies: Choosing whole or cut-up fruits more often as snacks or	

with meals, instead of juice.

Considering water as
beverage choice.

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

MILK, YOGURT, AND CHEESE

What	How	Why
Consume 3 cups of fat-free or low-fat (1%) milk, or an equivalent amount* of yogurt or cheese, per day.	Equivalent amounts for one cup of milk are 1 cup yogurt, 1 ½ ounce natural cheese, or 2 ounces of processed cheese.	To provide the nutrients needed for bone health
Children 2 to 8 years old— Consume 2 cups of fat-free or low-fat milk, or an equivalent amount of yogurt or cheese, per day.	Lactose-free milk or drinking smaller amounts of milk at a time are options for those that are lactose intolerant.	To provide a variety of nutrients in the diet while keeping saturated fat and cholesterol intake low
Consume other calcium-rich foods if milk and milk products are not consumed.	Other sources of calcium include calcium-fortified beverages, fortified breakfast cereals, sardines, or tofu made with calcium if milk and milk products are not consumed. The bioavailability of these non-dairy calcium sources may vary.	
	The Nutrition Facts label provides information on the calcium content of food products.	
	Strategies: Drinking fat-free (skim) or low-fat (1%) milk as a beverage.	
	Using fat-free or low-fat milk or yogurt on cereal.	
	Eating fat-free or low-fat yogurt as a snack.	
	Choosing low-fat cheeses.	

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS

What	How	Why
Make choices that are low-fat or lean when selecting meats and poultry.	Lean meats poultry, fish, eggs, dry beans and peas, nuts, and seeds all count toward meeting meat and bean group goals.	To provide a variety of nutrients in the diet while keeping saturated fat and cholesterol intake low

	<p>Strategies:</p> <p>Selecting meat cuts that are low in fat and ground beef that is extra lean (at least 90% lean).</p> <p>Trimming fat from meat and removing poultry skin before cooking or eating. Draining fat from ground meats after cooking.</p> <p>Using preparation methods that do not add fat, such as grilling, broiling, poaching, or roasting.</p> <p>Choosing lean turkey, roast beef, or ham or low-fat luncheon meats for sandwiches instead of fatty luncheon meats such as regular bologna or salami.</p>	
<p>Choose a variety of different types of foods from this group each week. Include fish, dry beans and peas, nuts, and seeds, as well as meats, poultry, and eggs.</p> <p>Consider dry beans and peas as an alternative to meat or poultry as well as a vegetable choice.</p>	<p>Fish rich in omega-3 fatty acids* include salmon, trout, and herring.</p> <p>Some examples of dry beans and peas are kidney beans, pinto beans, split peas, chickpeas, and lentils.</p> <p>Strategies:</p> <p>Selecting fish as a choice from this group more often, especially fish rich in omega-3 fatty acids.*</p> <p>Choosing dry beans or peas as a main dish often.</p> <p>Choosing nuts as a snack, on salads, or in main dishes, to replace meat or poultry, not in addition to these.</p> <p>*Women who may become pregnant, pregnant women, nursing mothers, and young children should avoid some types of fish and eat types lower in mercury.</p> <p>For more information: www.cfsan.fda.gov/~dms/admeHg3.html.</p>	<p>To provide a variety of nutrients in the diet including essential fatty acids and vitamin E</p>
<p>Keep the overall amounts of foods eaten from this group within the amount needed each day.</p> <p>For example, people who need 2000 calories per day¹ need 5 ½ ounce-equivalents per day. See food intake patterns for other calorie levels.</p>	<p>Strategy:</p> <p>Selecting appropriate portion sizes to meet recommendations.</p>	<p>To maintain caloric balance and keep saturated fat and cholesterol intake low</p>

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

FATS AND OILS

What	How	Why
Choose most fats from sources of monounsaturated and	Some examples of vegetable oils are canola, olive, peanut, soybean, corn, safflower, and sunflower oil.	To provide essential fatty acids and vitamin E

polyunsaturated fatty acids, such as fish, nuts, seeds, and vegetable oils.

Keep the amount of oils consumed within the total allowed for caloric needs.

For example, people who need 2000 calories per day¹ can consume 27 grams of oils (about 7 teaspoons). See food intake patterns for amounts for other calorie levels.

Choose fat-free, low-fat, or lean meat, poultry, dry beans, milk, and milk products.

Choose grain products and prepared foods that are low in saturated and *trans* fat.

Limit the amount of solid fats consumed to the amount within the discretionary calorie allowance, after taking into account other discretionary calories that have been consumed.

For example, people who need 2000 calories per day¹ have a total discretionary calorie allowance of 267 calories. See food intake patterns for amounts for other calorie levels. See glossary for more information on discretionary calories.

Strategies:

Substituting vegetable oils for solid fats like butter, stick margarine, shortening, or lard.

Substituting nuts for meat or cheese as a snack or as part of a meal.

Choosing fish rich in omega-3 fats, such as salmon, trout, and herring. For FDA advisory about mercury in fish, see: www.cfsan.fda.gov/~dms/admeHg3.html.

To maintain caloric balance. Fats and oils are high in calories.

The Nutrition Facts label can be used to select products that are lowest in saturated fat, *trans* fat, and cholesterol.

Trans fat labelling is required as of 2006.

Strategies:

Limiting products containing saturated fats, such as ground and processed meats, full-fat cheese, cream, ice cream, and fried foods.

Limiting foods containing partially hydrogenated vegetable oils, which contain *trans* fats, such as some commercially fried foods and some bakery goods. Partially hydrogenated vegetable oils are listed on ingredient labels of food products.

Selecting baked, steamed, or broiled rather than fried foods most often.

Selecting lean or low-fat foods most often. Solid fats that occur intrinsically in some foods are considered discretionary calories, as are solid fats added to foods.

To keep saturated fat, *trans* fat, and cholesterol intake low to reduce risk for heart disease, as part of an overall healthy diet

To maintain caloric balance. Fats and oils are high in calories

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

SUGARS AND SWEETS

What	How	Why
Choose and prepare foods and beverages with little added sugars or caloric sweeteners.	Added sugars include high fructose corn syrup, other syrups, sucrose, glucose, fructose, lactose, maltose, brown sugar, honey, molasses, fruit juice concentrates, and raw sugar added to food products.	To maintain caloric balance while providing sufficient nutrients
Keep the amount of sugars and sweets consumed within the discretionary calorie allowance, after taking into account other discretionary calories that have been consumed.	Strategies: Choosing water, fat-free milk, or unsweetened tea or coffee as a beverage most often.	Sugars have calories but are low in nutritional value.

For example, people who need 2000 calories per day¹ have a total discretionary calorie allowance of 267 calories. See food intake patterns for amounts for other calorie levels and glossary for more information on discretionary calories.

Limiting sweet snacks and desserts.

Selecting unsweetened cereals; then if desired, adding sugar or other sweeteners only to taste.

Choosing canned fruits in 100% fruit juice or water rather than syrup.

Practice good oral hygiene and consume sugar- and starch containing foods and beverages less frequently.

Strategies:
Brushing and flossing regularly.

To reduce the incidence of dental caries

Drinking fluoridated water.

Eating sugar and starch-containing foods less frequently.

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

What	SALT	Why
<p>Choose and prepare foods with little <u>salt</u>.</p> <p>Keep <u>sodium</u> intake less than 2300 mg per day.</p> <p>At the same time, consume potassium-rich foods, such as fruits and vegetables. (See fruit and vegetable sections for "how" strategies.)</p>	<p>The Nutrition Facts label provides information on <u>sodium</u> content of foods.</p> <p>Processed meats and fresh chicken, turkey, and pork that have been enhanced with a <u>salt</u>-containing solution also have added <u>sodium</u>.</p> <p>Some food product labels say "<u>no salt added</u>" or "<u>low sodium</u>." Foods with less than 140 mg <u>sodium</u> per serving can be labeled as low <u>sodium</u> foods.</p> <p>Strategies: Using the Nutrition Facts label to choose foods with less <u>sodium</u>. Some products that may vary widely in <u>sodium</u> content include frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces.</p> <p>Preparing more foods from fresh ingredients, because most <u>sodium</u> in the food supply comes from packaged foods.</p>	<p>To reduce risk for hypertension, as part of an overall healthy diet</p>

ALCOHOL

What	How	Why
If one chooses to drink alcohol, consume it in moderation. Some people, or people in certain situations, should not drink.	Moderate drinking means no more than 1 drink per day for women and 2 drinks per day for men. Twelve ounces of regular beer, 5 ounces of wine, and 1-½ ounces of 80-proof distilled spirits count as a drink.	To avoid the potential harmful health effects of more than moderate drinking
Keep consumption of alcoholic beverages within daily discretionary calorie allowance.		To maintain caloric balance.
For example, people who need 2000 calories per day ¹ have a total discretionary calorie allowance of 267 calories. See food intake patterns for amounts for other calorie levels and glossary for more information on discretionary calories.	Alcoholic beverages contain calories. There are about 100 calories in 12 ounces of light beer, 5 ounces of table wine, or 1-½ ounces of 80-proof distilled spirits. Higher alcohol content or mixing alcohol with regular soft drinks, tonic water, fruit juice, or cream, increases the calories in the beverage.	Alcoholic beverages have calories but are low in nutritional value.

¹Those who may need about 2000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

NOTE: Food safety is not part of the food intake patterns but food safety messages are woven into appropriate sections of the consumer materials developed for MyPyramid. The following section provides an overview of food safety messages from the Dietary Guidelines.

FOOD SAFETY

What	How	Why
Clean hands, contact surfaces, and fruits and vegetables. To prevent cross-contamination, meat and poultry should not be washed or rinsed.	Strategies for avoiding foodborne illness:	To avoid microbial foodborne illness
Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.	Washing hands in hot soapy water before preparing food and after using the bathroom, changing diapers, and handling pets. Washing cutting boards, knives, utensils, and counter tops with hot soapy water after preparing each food item and before going on to the next one. Under clean, running water, scrubbing fresh produce briskly with hands or a brush to remove dirt and surface microorganisms, and drying after washing.	For more information visit www.fightbac.com
Cook foods to a safe temperature to kill microorganisms.		
Chill (refrigerate) perishable foods promptly and defrost foods properly.		
Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs, or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.	Separating raw meat, poultry, and seafood from other food in the grocery-shopping cart. Storing raw meat, poultry, and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods. Not washing meat or poultry, to avoid cross contamination.	

Using a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through.

Refrigerating or freezing perishables, prepared food, and leftovers within 2 hours.

Thawing food in the refrigerator, in an air-tight package under cold running water, or in the microwave.

Glossary of Terms

Energy and Physical Activity Terms

Discretionary Calorie Allowance—The balance of calories remaining in a person's estimated energy allowance, or EER, after accounting for the number of calories needed to meet recommended nutrient intakes through consumption of foods in low-fat or no added sugar forms. The discretionary calorie allowance may be used in selecting foods that are not in their most nutrient-dense form (e.g., whole milk rather than fat-free milk) or may be additions to foods (e.g., salad dressing, sugar, butter). Most discretionary calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active. For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group, such as higher fat meats, cheeses, whole milk, or sweetened bakery products.

The discretionary calorie allowance can be used to:

- Eat more foods from any food group than the food guide recommends. Select forms of foods that contain solid fats or added sugars. Examples are whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt.
- Add fats or sweeteners to foods. Examples are sauces, salad dressings, sugar, syrup, and butter.
- Eat or drink items that contain only fats, caloric sweeteners, and/or alcohol, such as candy, soda, wine, and beer.

Estimated Energy Requirement—The EER represents the average dietary energy intake that will maintain energy balance in a healthy person of a given gender, age, weight, height, and physical activity level. The calorie levels for the food intake patterns were matched to age/sex groups using EERs for a person of average height, healthy weight, and sedentary activity level in each age/sex group. The sedentary level was selected in order to not overestimate calorie needs.

EER formulas for various age/sex groups (from IOM Dietary Reference Intakes macronutrients report, 2002):

- Male 24 mos.: $EER = (89 \times WT - 100) + 20$
- Female 24 mos.: $EER = (89 \times WT - 100) + 20$
- Male 3-8: $EER = 88.5 - (61.9 \times AGE) + PA \times (26.7 \times WT + 903 \times HT) + 20$
- Female 3-8: $EER = 135.3 - (30.8 \times AGE) + PA \times (10 \times WT + 934 \times HT) + 20$
- Male 9-18: $EER = 88.5 - (61.9 \times AGE) + PA \times (26.7 \times WT + 903 \times HT) + 25$
- Female 9-18: $EER = 135.3 - (30.8 \times AGE) + PA \times (10 \times WT + 934 \times HT) + 25$
- Adult males: $EER = 662 - (9.53 \times AGE) + PA \times (15.91 \times WT + 539.6 \times HT)$
- Adult females: $EER = 354 - (6.91 \times AGE) + PA \times (9.36 \times WT + 726 \times HT)$

Note: Heights (HT) are in meters, weights (WT) in kilograms. Physical activity (PA) coefficients for sedentary, low active, and active levels of physical activity are:

Activity level	Sedentary	Low Active	Active
MALES		PA Coefficient	
3 to 18 years old	1.00	1.13	1.26
Adults 19 and older	1.00	1.11	1.25
FEMALES		PA Coefficient	
3 to 18 years old	1.00	1.16	1.31
Adults 19 and older	1.00	1.12	1.27

Activity levels for EER calculations—

- **Sedentary** means a lifestyle that includes only the physical activity of independent living.
- **Low Active** means a lifestyle that includes at least 30 minutes per day of moderate physical activity (equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour) in addition to the activities of independent living.
- **Active** means a lifestyle that includes at least 60 minutes per day of moderate physical activity (equivalent to walking more than 3 miles per day at 3 to 4 miles per hour) in addition to the activities of independent living.

Sedentary Behaviors—In scientific literature, sedentary is often defined in terms of little or no physical activity during leisure time. A sedentary lifestyle is a lifestyle characterized by little or no physical activity.

Moderate Physical Activity—Any activity that burns 3.5 to 7 kcal/min or the equivalent of 3 to 6 metabolic equivalents (METs) and results in achieving 60 to 73 percent of peak heart rate. An estimate of a person's peak heart rate can be obtained by subtracting the person's age from 220. Examples of moderate physical activity include walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Vigorous Physical Activity—Any activity that burns more than 7 kcal/min or the equivalent of 6 or more metabolic equivalents (METs) and results in achieving 74 to 88 percent of peak heart rate. An estimate of a person's peak heart rate can be obtained by subtracting the person's age from 220. Examples of vigorous physical activity include jogging, mowing the lawn with a nonmotorized push mower, chopping wood, participating in high impact aerobic dancing, swimming continuous laps, or bicycling uphill. Vigorous-intensity physical activity may be intense enough to represent a substantial challenge to an individual and results in a significant increase in heart and breathing rate.

Fats and oils terms

Monounsaturated Fatty Acids—Monounsaturated fatty acids (MUFAs) have one double bond. Plant sources that are rich in MUFAs include vegetable oils (e.g., canola oil, olive oil, high oleic safflower and sunflower oils) that are liquid at room temperature and nuts.

n-6 PUFAs. Linoleic acid, one of the n-6 fatty acids, is required but cannot be synthesized by humans and, therefore, is considered essential in the diet. Primary sources are liquid vegetable oils including soybean oil, corn oil, and safflower oil.

n-3 PUFAs. α -linolenic acid is an n-3 fatty acid that is required because it is not synthesized by humans and, therefore, is considered essential in the diet. It is obtained from plant sources including soybean oil, canola oil, walnuts, and flaxseed. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are long chain n-3 fatty acids that are contained in all fish and shellfish.

Polyunsaturated Fatty Acids—Polyunsaturated fatty acids (PUFAs) have two or more double bonds, and may be of two types, based on the position of the first double bond:

Saturated Fatty Acids—Saturated fatty acids have no double bonds. They primarily come from animal products such as meat and dairy products. In general, animal fats are solid at room

temperature.

Trans fatty acids—*Trans* fatty acids, or *trans* fats, are unsaturated fatty acids that contain at least one non-conjugated double bond in the *trans* configuration. Sources of *trans* fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. *Trans* fatty acids also are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef, and lamb.

Solid fats—Fats that are solid at room temperature, such as butter, lard, and shortening. These fats may be visible or may be a constituent of foods such as milk, cheese, meats, or baked products. Solid fats come from many animal foods and can be made from vegetable oils through hydrogenation. Solid fats are generally higher than oils in saturated and/or *trans* fatty acids. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be the same as solid fats.

Oils—Fats that are liquid at room temperature, such as the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are: corn oil, soybean oil, canola oil, cottonseed oil, olive oil, safflower oil, sunflower oil, walnut oil, and sesame oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be the same as solid fats.

Food pattern and food group terms

Daily Food Intake Pattern—Identifies the types and amounts of foods that are recommended to be eaten each day and that meet specific nutritional goals. Food Intake Patterns for the Food Guidance System are published in the 2005 Dietary Guidelines for Americans. These patterns provide recommendations at 12 calorie levels for amounts of food to eat from each food group, subgroup, and oils, and the discretionary calorie allowance.

Nutrient-Dense Foods—Nutrient-dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories.

Discretionary Calorie Allowance—The balance of calories remaining in a person's energy allowance, or EER, after accounting for the number of calories needed to meet recommended nutrient intakes through consumption of foods in low-fat or no added sugar forms. See Energy and Physical Activity section for more information.

Ounce-Equivalent—In the grains food group, the amount of a food counted as equal to a one-ounce slice of bread. In the meat, poultry, fish, dry beans, eggs, and nuts food group, the amount of food counted as equal to one ounce of cooked meat, poultry, or fish.

Whole Grains—Foods made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain.

Added Sugars—Sugars and syrups that are added to foods during processing or preparation. Added sugars do not include naturally occurring sugars such as those that occur in milk and fruits.

MyPyramid Food Guidance System Education Framework

Background:

The 2005 Dietary Guidelines for Americans are the basis for Federal nutrition policy. The MyPyramid Food Guidance System provides food-based guidance to help implement the recommendations of the Guidelines. MyPyramid was based on both the Guidelines and the Dietary Reference Intakes from the National Academy of Sciences, while taking into account current consumption patterns of Americans. MyPyramid translates the Guidelines into a **total diet** that meets nutrient needs from food sources and aims to moderate or limit dietary components often consumed in excess. An important complementary tool is the Nutrition Facts label on food products.

MyPyramid provides web-based interactive and print materials for consumers. In addition to the materials developed for consumers, MyPyramid also includes materials designed for professionals. These professional materials are intended for use by programs and agencies in developing consumer education materials; by nutritionists and educators as the basis for their education efforts; and by the media to assist them in understanding and reporting of Federal food guidance. They include:

- **Food Intake Patterns** that identify **what** and **how much** food an individual should eat for health. The amounts to eat are based on a person's age, sex, and activity level. These patterns have been published in the 2005 Dietary Guidelines
- **Education Framework** that explains **what changes** most Americans need to make in their eating and activity choices, **how** they can make these changes, and **why** these changes are important for health.
- **Glossary** that defines key terms used in the MyPyramid Food Guidance System documents.

This document includes the Education Framework and the Glossary.

Overview of MyPyramid Food Guidance System Education Framework:

The MyPyramid Education Framework provides specific recommendations for making food choices that will improve the quality of an average American diet. These recommendations are interrelated and should be used together. Taken together, they would result in the following changes from a typical diet:

- Increased intake of vitamins, minerals, dietary fiber, and other essential nutrients, especially of those that are often low in typical diets
- Lowered intake of saturated fats, *trans* fats, and cholesterol and increased intake of fruits, vegetables, and whole grains to decrease risk for some chronic diseases
- Calorie intake balanced with energy needs to prevent weight gain and/or promote a healthy weight

The recommendations in this Education Framework fall under four overarching themes:

- **Variety**—Eat foods from all food groups and subgroups.
- **Proportionality**—Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products), and less of others (foods high in saturated or *trans* fats, added sugars, cholesterol salt, and alcohol.).
- **Moderation**—Choose forms of foods that limit intake of saturated or *trans* fats, added sugars, cholesterol, salt, and alcohol.
- **Activity**—Be physically active every day.

The Framework's recommendations are presented as key concepts for educators. The key concepts are organized by topic area: calories; physical activity; grains; vegetables; fruits; milk, yogurt, and cheese; meat, poultry, fish, dry beans, eggs, and nuts; fats and oils; sugars and sweets; salt; alcohol; and food safety. Under each topic area, information is presented on:

- **What** actions should be taken for a healthy diet,
- **How** these actions can be implemented, and
- **Why** this action is important for health (the key benefits).

These key concepts are not intended as direct consumer messages, but rather as a framework of ideas from which professionals can develop consumer messages and materials.

MyPyramid Education Framework — Key concepts for educators

The major concept for each topic is in bold

VEGE-
TABLES

WHAT	HOW	WHY
<p>Eat recommended amounts of vegetables, and choose a variety of vegetables each day.</p> <p>For example, those needing 2000 calories per day¹ need about 2 ½ cups of vegetables per day. See food intake patterns for other calorie levels.</p>	<p>Fresh, frozen and canned vegetables all count towards meeting vegetable intake goals. For canned vegetables, <u>no salt-added</u> is the best choice.</p> <p>Some vegetables that are rich in potassium include sweetpotatoes, beet greens, white potatoes, white beans, tomato products, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.</p> <p>Strategies: Including vegetables in lunch, dinner, and snacks.</p> <p>Preparing main dishes, side dishes, and salads that include vegetables.</p> <p>Adding vegetables to mixed dishes such as soups, stews, casseroles, and stir-fries.</p>	<p>To provide a variety of nutrients and dietary fiber in the diet</p> <p>To help reduce risk of chronic diseases, as part of an overall healthy diet. A diet rich in potassium may help to maintain healthy blood pressure.</p>
<p>Eat more dark-green vegetables, orange vegetables, and dry beans and peas.</p> <p>For example, those needing 2000 calories per day¹ need to eat 3 cups dark-green vegetables, 2 cups orange vegetables, and 3 cups of cooked dry beans and peas each week. See food intake patterns for other calorie levels.</p>	<p>Some examples of dark-green vegetables are broccoli, spinach, kale, romaine lettuce, spinach, and watercress.</p> <p>Some examples of orange vegetables are carrots, sweet potatoes, pumpkin, and winter squash.</p> <p>Some examples of dry beans and peas are kidney beans, pinto beans, split peas, chickpeas, lentils.</p> <p>Strategies: Adding dark-green or orange vegetables to soups, stews, casseroles, and stir-fries.</p> <p>Using romaine, spinach, or other dark leafy greens as salad greens, and eating green salads often.</p> <p>Choosing main dishes, side dishes, and salads that include cooked dry beans or peas.</p>	<p>To provide a variety of nutrients and fiber in the diet</p>

MyPyramid Education Framework —Key concepts for educators

The major concept for each topic is in bold

SALT

WHAT	HOW	WHY
<p>Choose and prepare foods with little <u>salt</u>.</p> <p>Keep <u>sodium</u> intake less than 2300 mg per day.</p> <p>At the same time, consume potassium-rich foods, such as fruits and vegetables. (See fruit and vegetable sections for “how” strategies.)</p>	<p>The Nutrition Facts label provides information on <u>sodium</u> content of foods.</p> <p>Processed meats and fresh chicken, turkey, and pork that have been enhanced with a <u>salt</u> containing solution also have added <u>sodium</u>.</p> <p>Some food product labels say “<u>no salt added</u>” or “low <u>sodium</u>.” Foods with less than 140 mg <u>sodium</u> per serving can be labeled as low <u>sodium</u> foods.</p> <p>Strategies: Using the Nutrition Facts label to choose foods with less <u>sodium</u>. Some products that may vary widely in <u>sodium</u> content include frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces.</p> <p>Preparing more foods from fresh ingredients, because most sodium in the food supply comes from packaged foods.</p>	<p>To reduce risk for hypertension, as part of an overall healthy diet</p>